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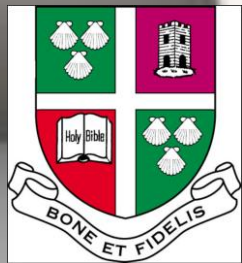
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Training Load & Recovery:

Navigating Your Way Through the Athlete Development Maze



Prof. Kevin Till



@KTConditioning



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Session Objectives

By the end of this session, Athletes and Parents should...

1. Appreciate the importance of managing training load for their development
2. Start to monitor the activities (training and life) of themselves
3. Think about strategies to manage their load for optimal athlete development and a healthy life





WOODHOUSE
GROVE SCHOOL



the very best of me,
now and always.

I am Grovian.

WHY

Do you play Sport?





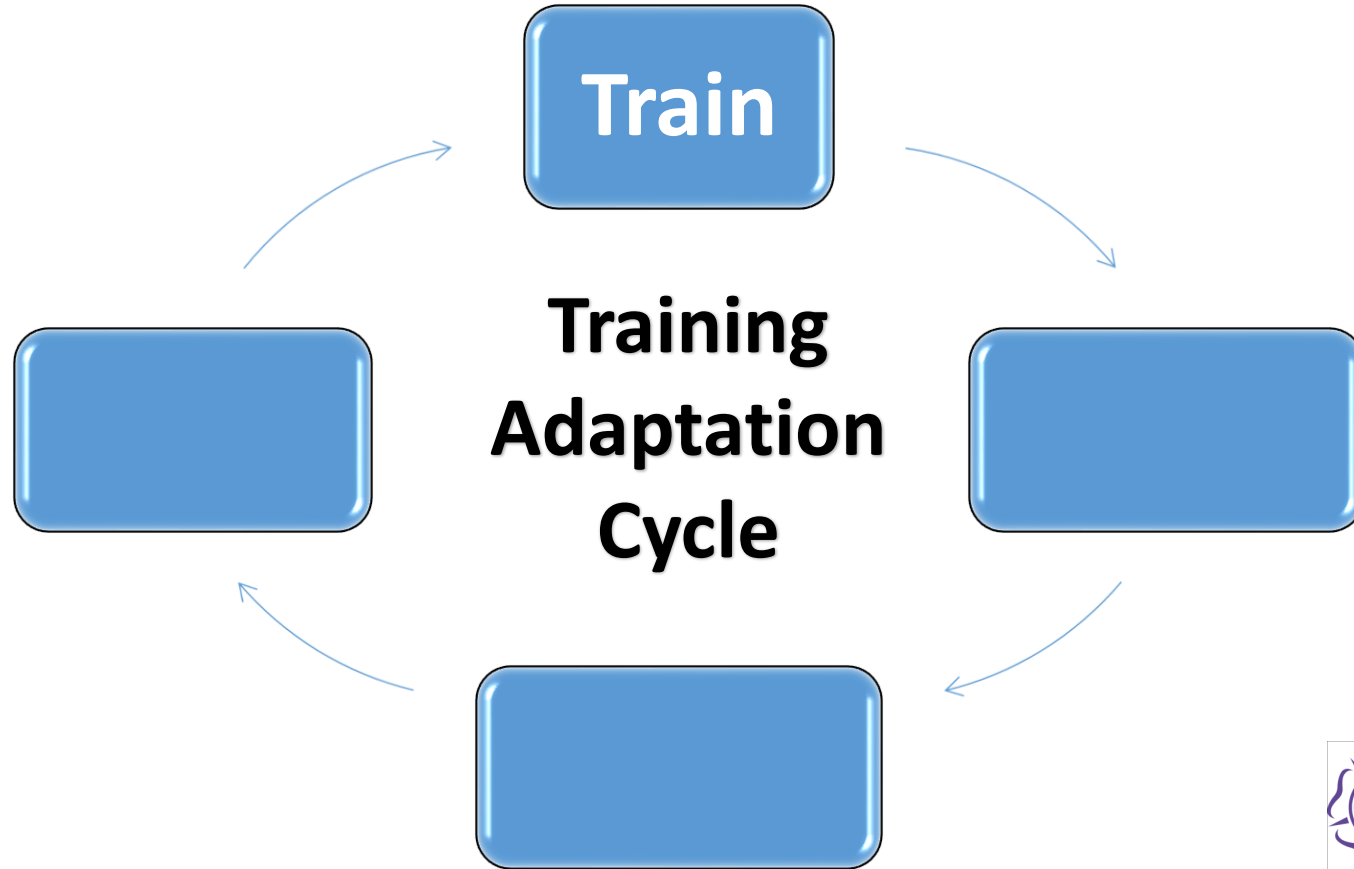
**Have
Fun**

**Train &
Play?**

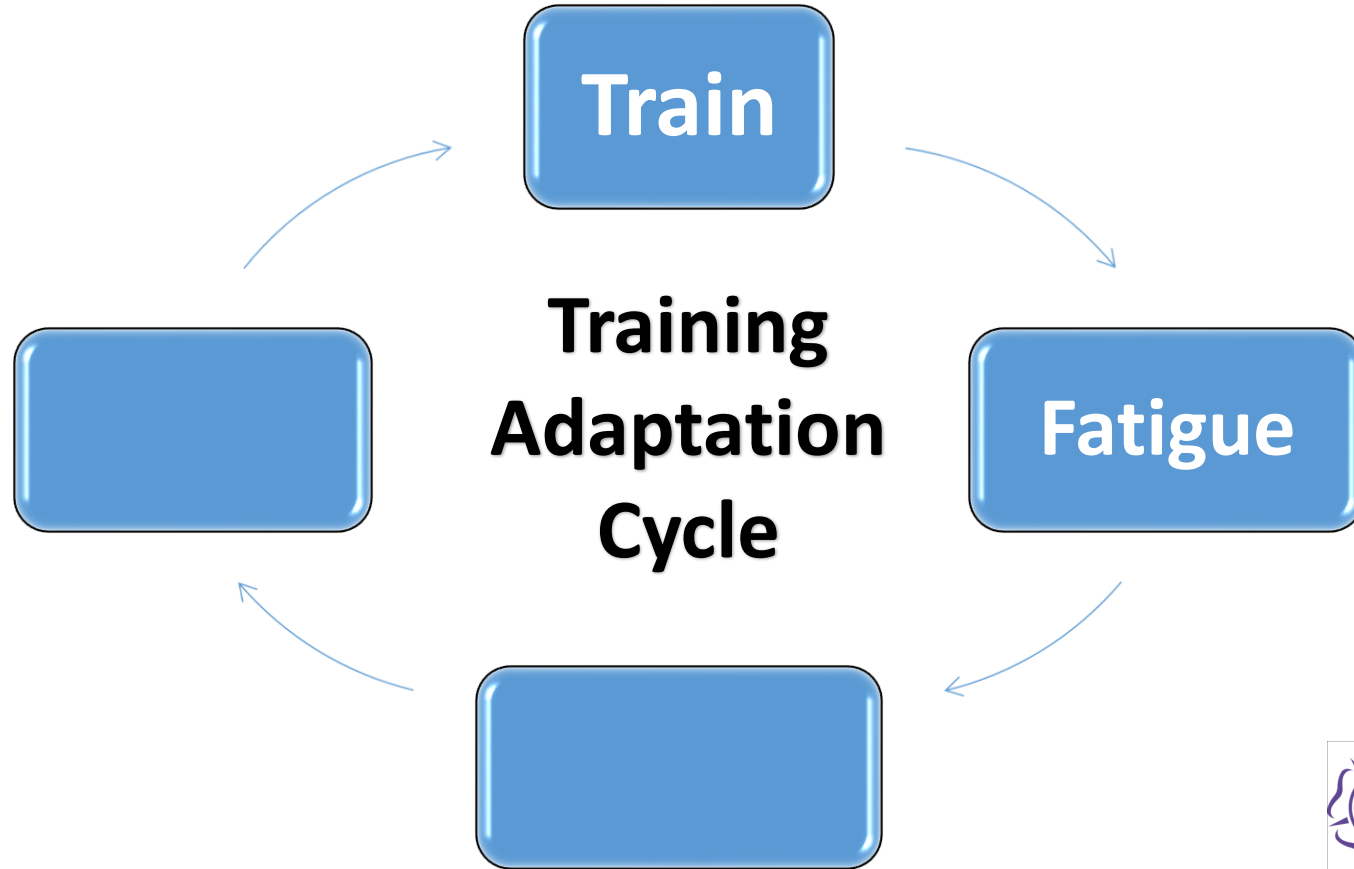
**Perform
- Win**

**Get
Better**

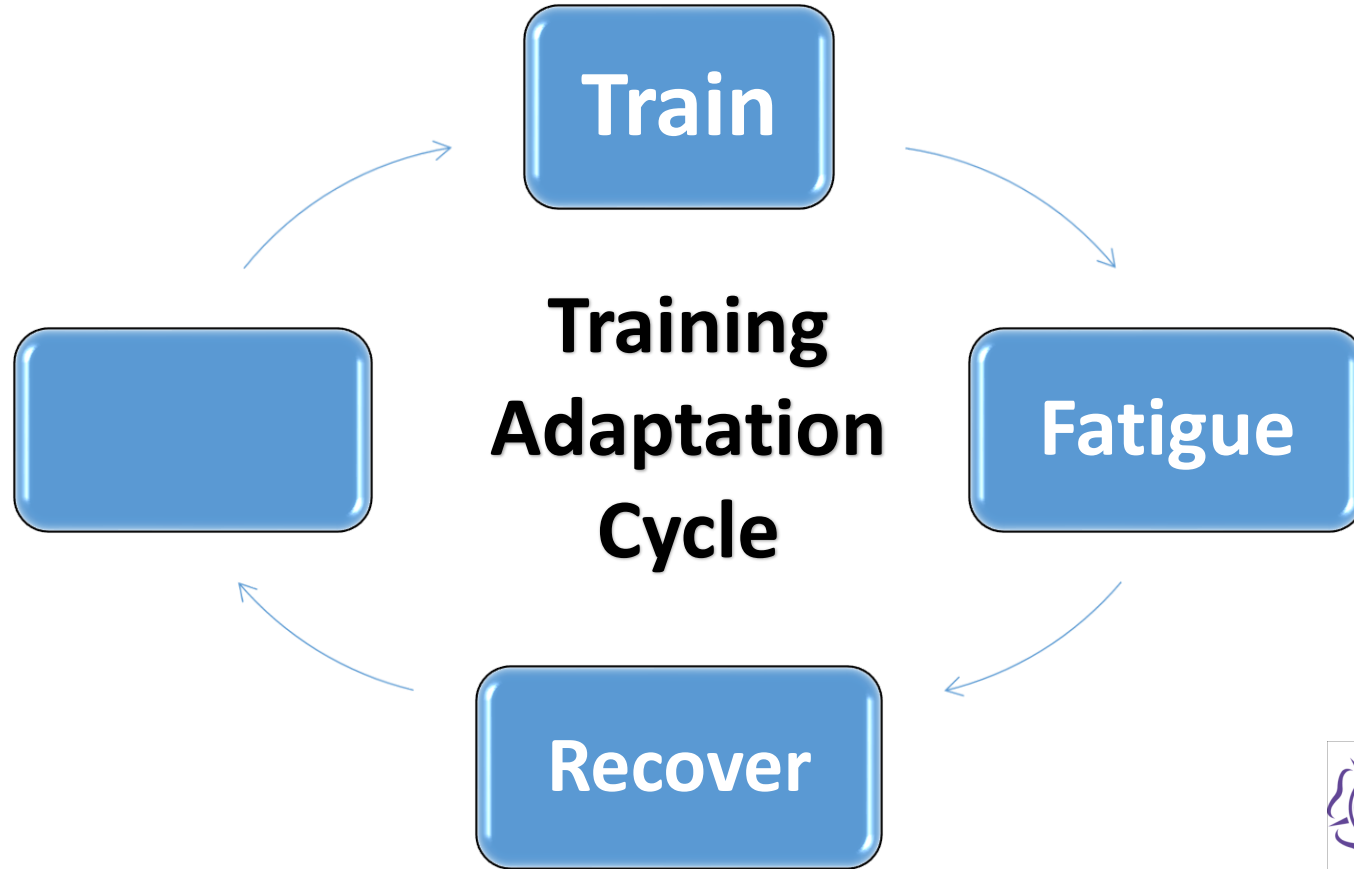
How Do You Get Better?



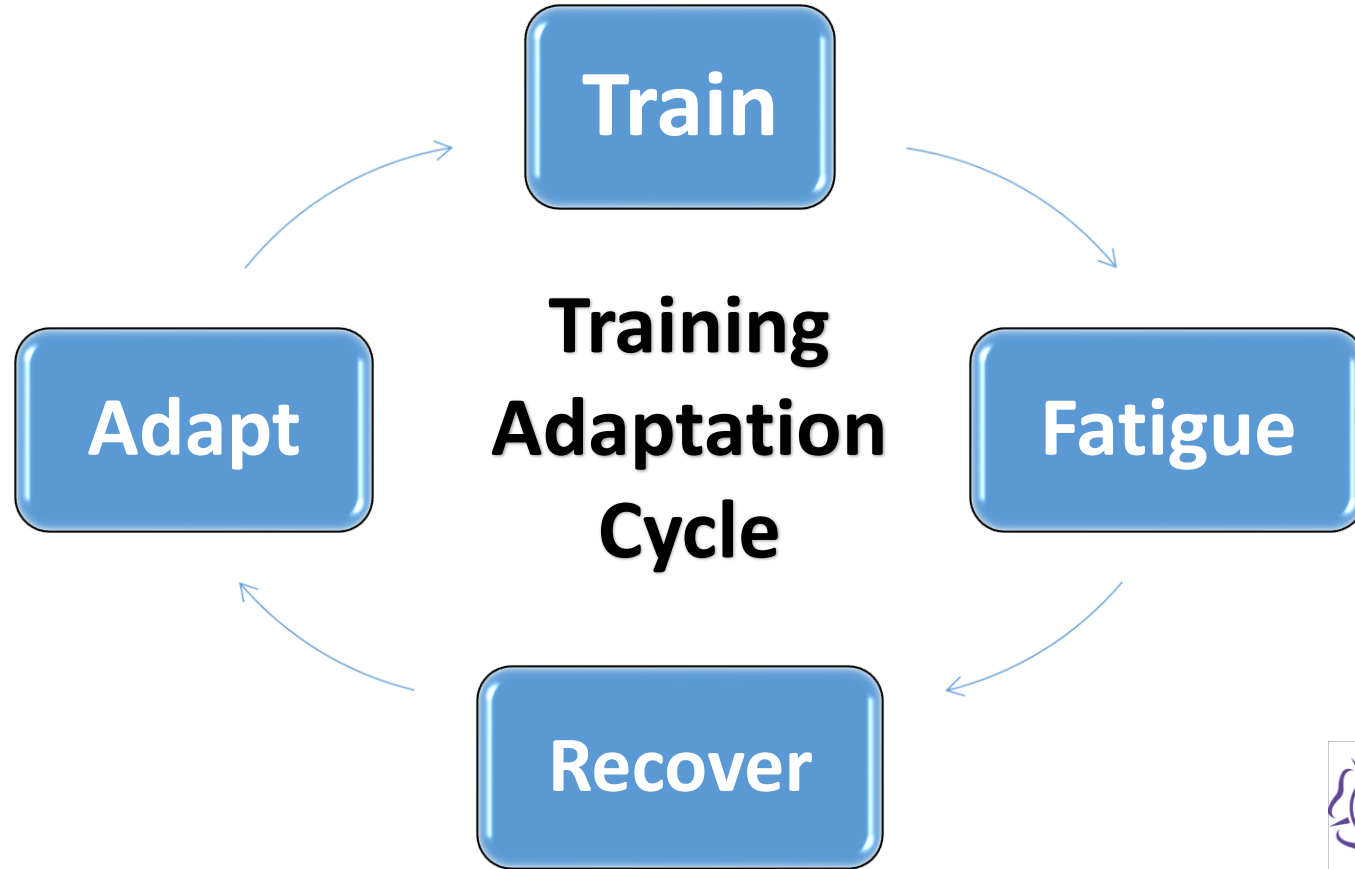
How Do You Get Better?



How Do You Get Better?



How Do You Get Better?

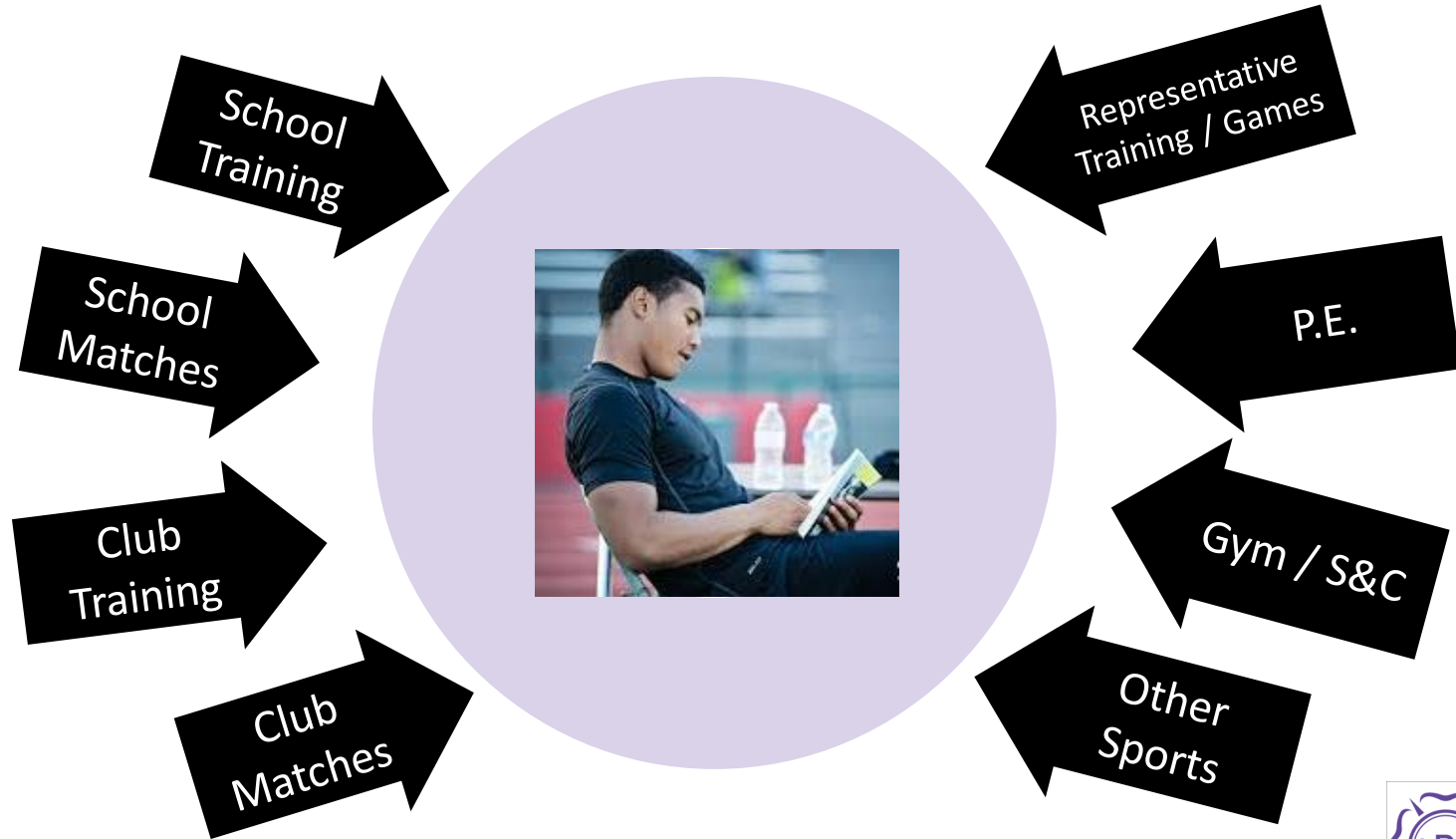


WHAT

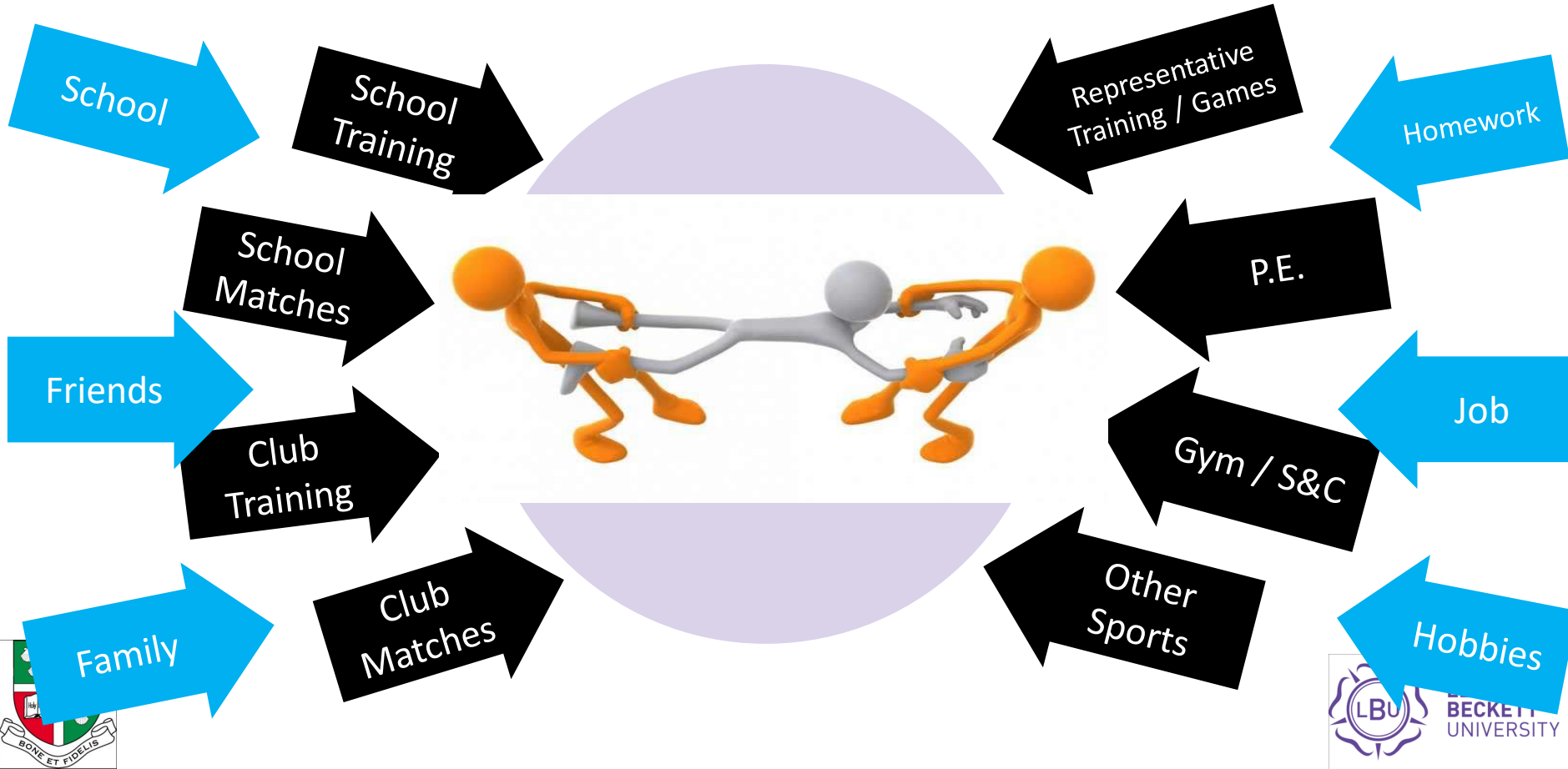
Do you do in
Sport / Life?



So, what do YOU do? (Sport)



So, what do YOU do? (Sport + Life)





Examples – ERDPP (per week)

PLAYER 1

Training – 7 sessions (4 school / 2 club / 1 rep)

Matches – 2 matches (1 school / 1 club)

Gym – 2 sessions

P.E. – 2 sessions

Plays Other Sports – 3 sports

TOTAL = 16 SESSIONS

PLAYER 2

Training – 1 sessions (1 club)

Matches – 1 match (1 club)

Gym – 0 sessions

P.E. – 2 sessions

Plays Other Sports – 0 sports

TOTAL = 4 SESSIONS

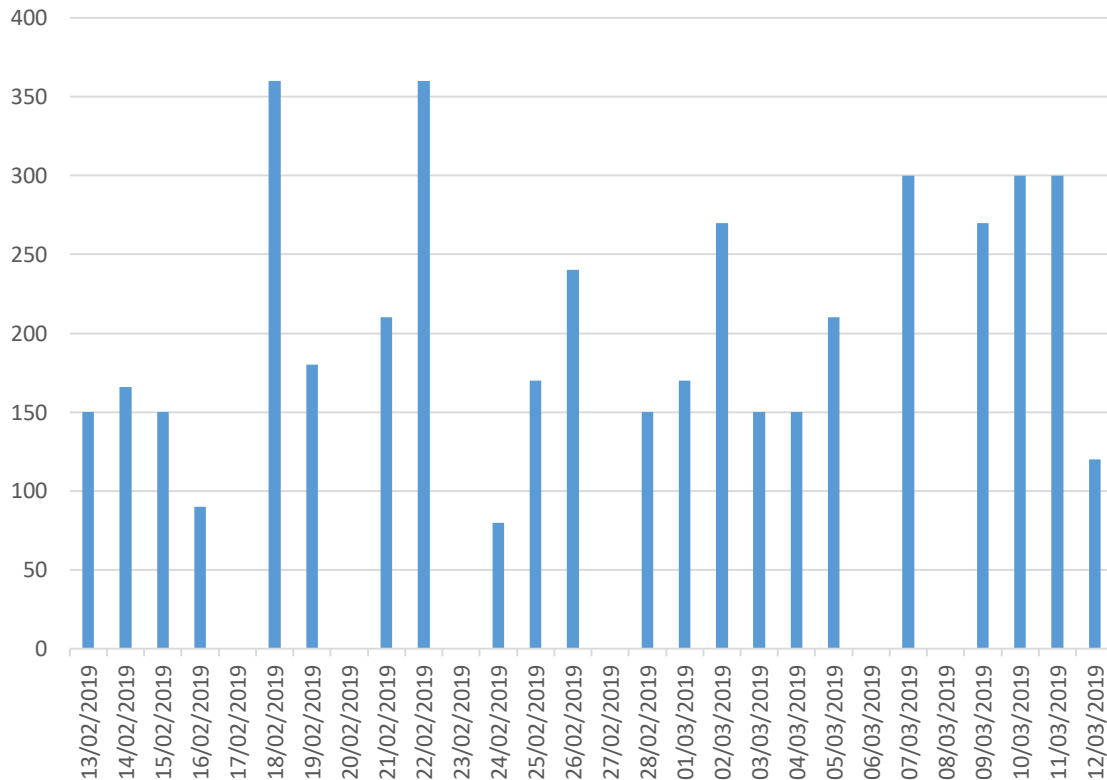


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Carnegie Adolescent Rugby
Research (CARR) Project



Examples



Weekly Training Volumes

Week 1 = 18.5 hours

Week 2 = 19.5 hours

Week 3 = 20.5 hours

So, What Are The Consequences?



The Positives!

Fun!!

Building Character

Health Improvement

Developing social skills

Increased self-esteem

Physical Development

Friendships / Social

Self Discipline

Problem Solving

5 C's



Potential Negatives!

Injury

Illness

Impact on Social Life

Mood & Muscle Soreness

Impact on Education

Sleep Disturbances

Identity Development

Decreased Performance

Dropout

Burnout



Balancing the Consequences

+ Physical

Improved physiological capacity, Enhanced body composition, Increased skill, Long-term health

+ Psycho-Social Impact

Increased self-esteem & confidence, Increased self-regulation, Positive self-concept, Character development, Peer relationships, Development of life skills

+ Education

Academic high achievers, Higher graduation rates

- Physical

Overtraining, Injury, Illness, Long-term health (e.g., joint health, CTE)

- Psycho-Social Impact

Decreased self-esteem & confidence, Excessive pressure, Burnout, Athletic identity development and foreclosure, Social isolation, Engagement in unhealthy behaviours

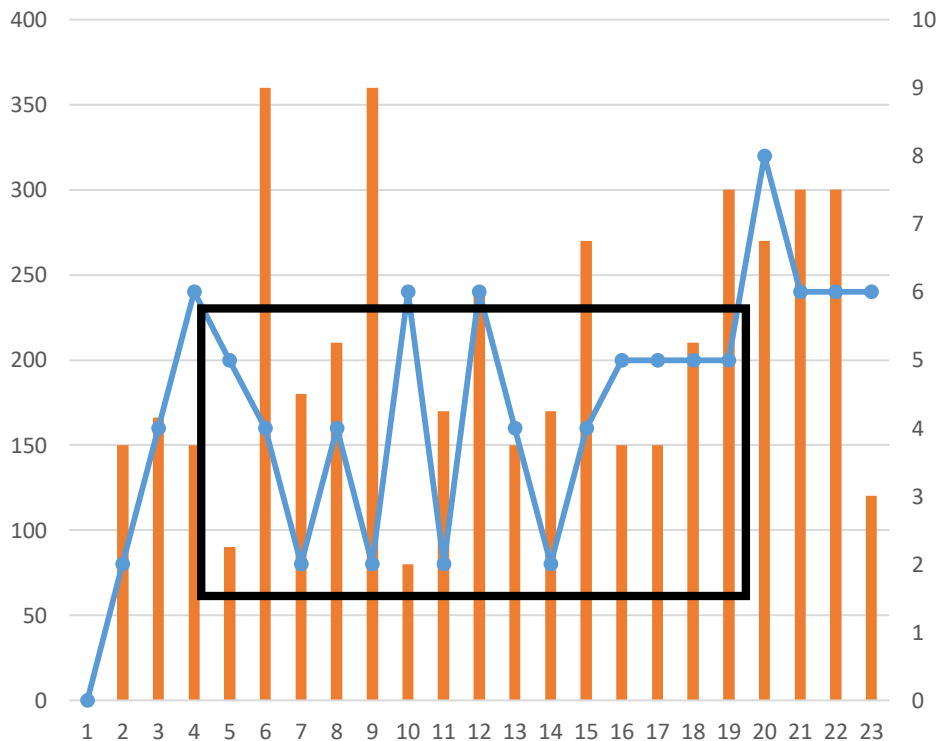
- Education

Educational sacrifice, poor performance, career options





Examples



How Recovered Do You Feel?

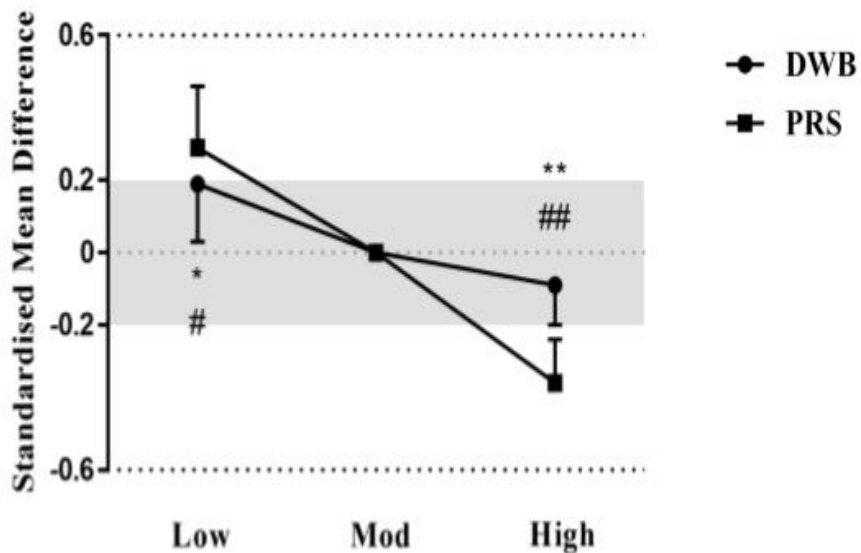
5 = Adequately Recovered

4 = Somewhat Recovered

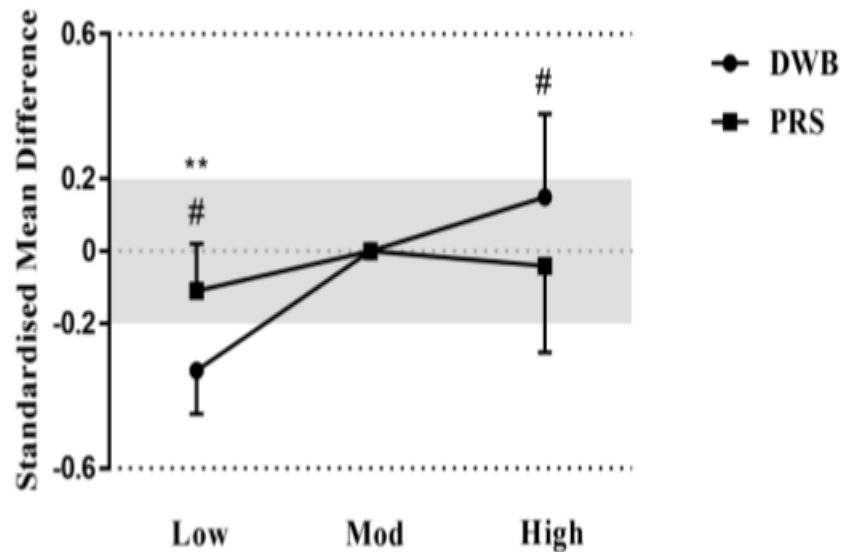
**2 = Not Well recovered /
Somewhat Tired**

Training Load & Recovery

TRAINING LOAD AFFECTS RECOVERY



SLEEP AFFECTS WELLBEING



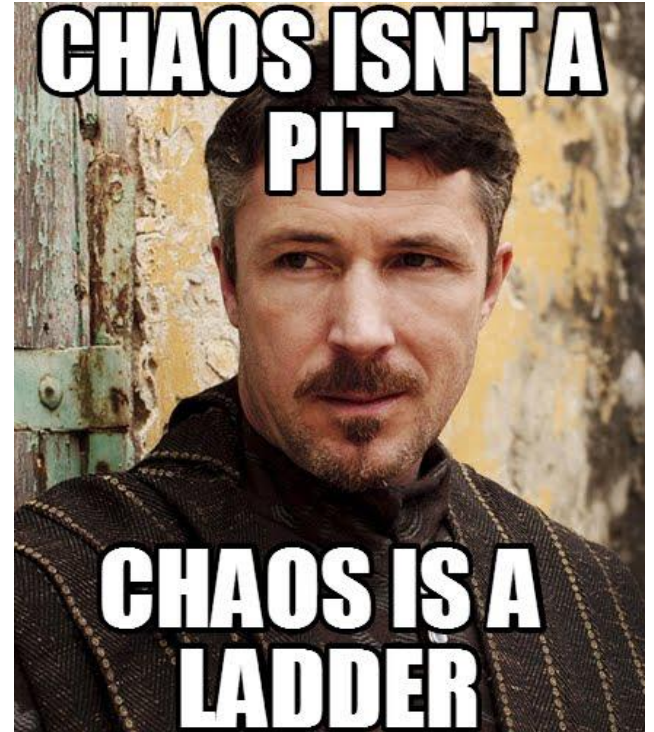
Youth Sport = Organised Chaos

Organised:

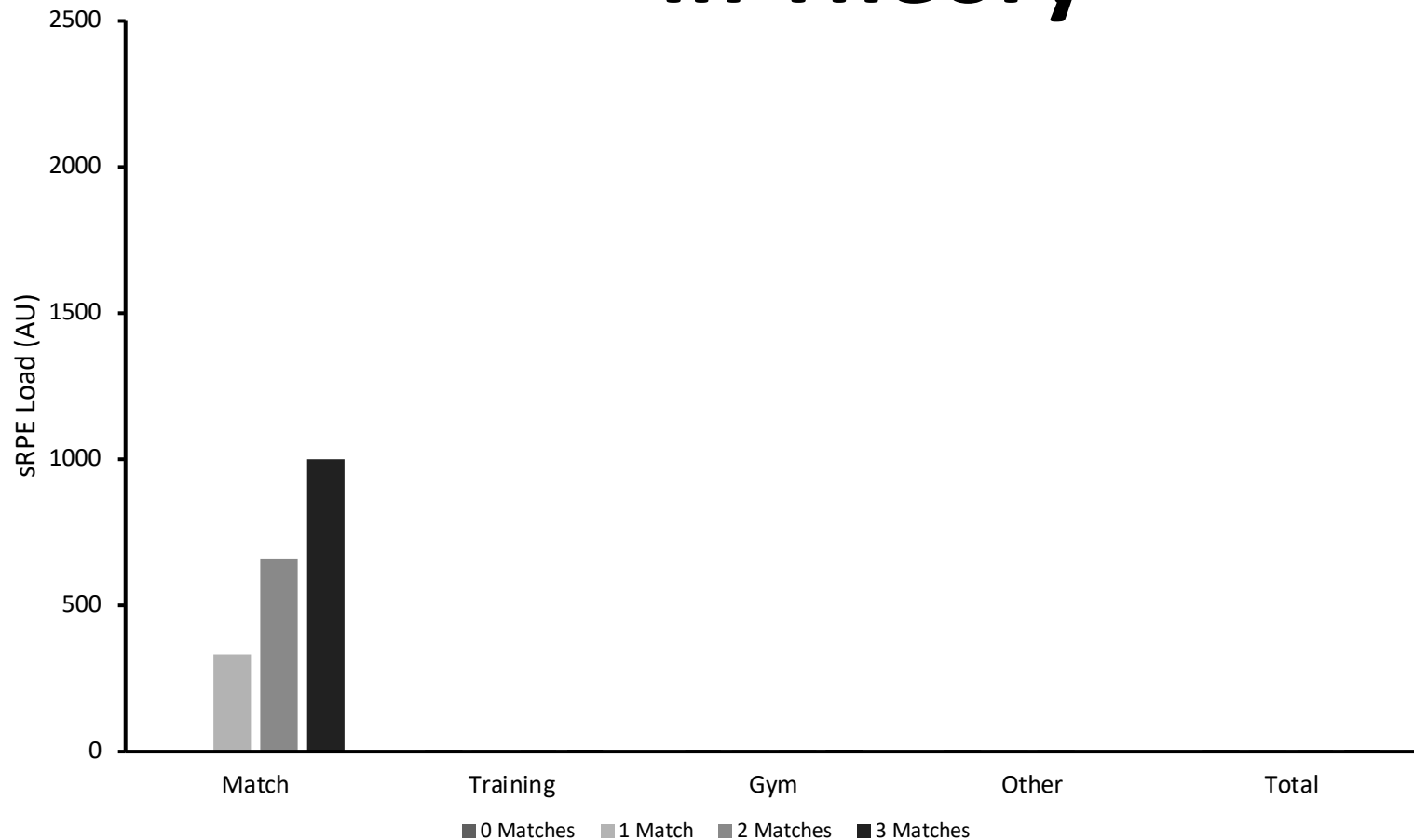
‘To make arrangements or preparations for an event or activity.’

Chaos:

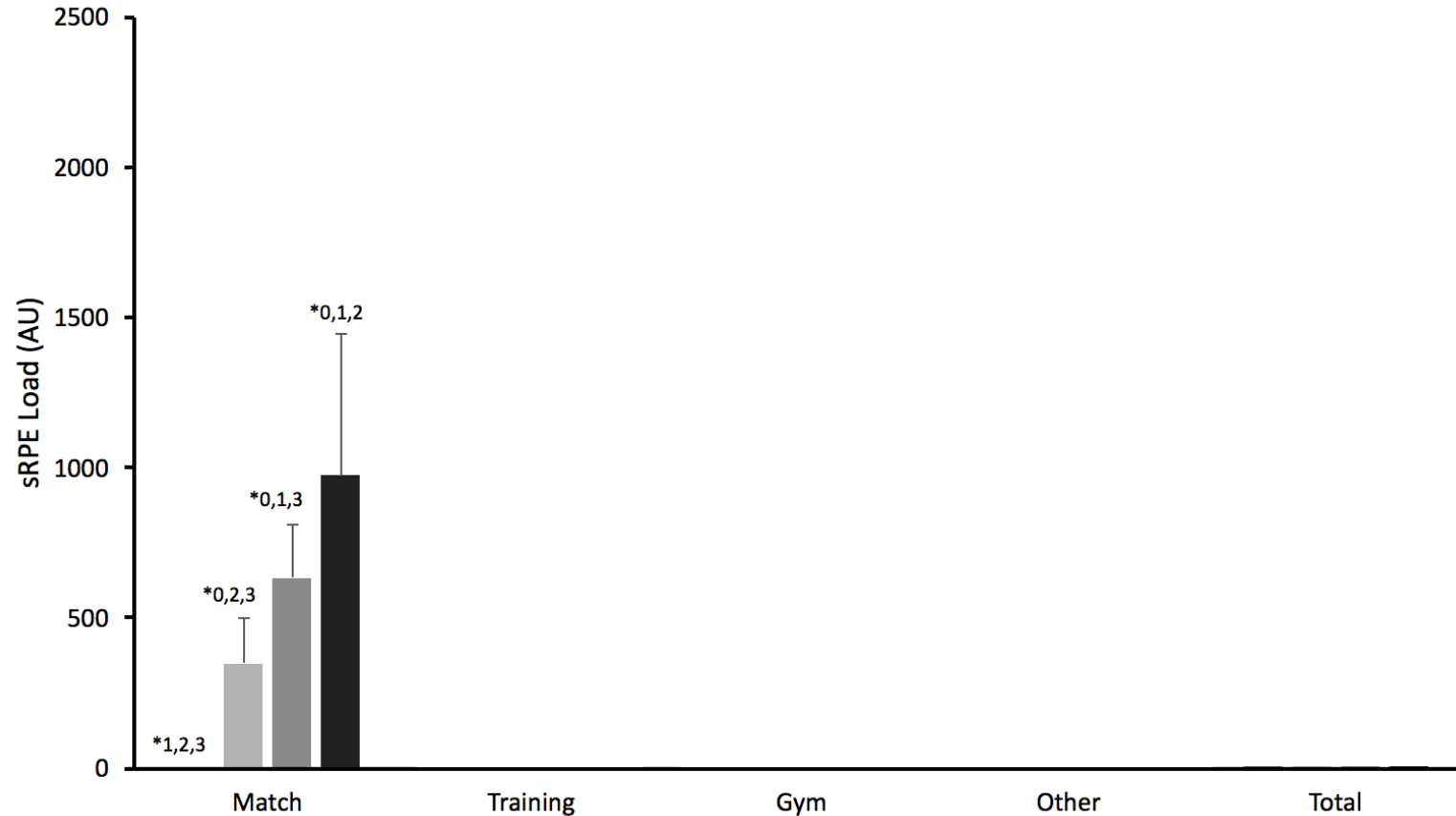
‘The property of a **complex** system whose behaviour is so **unpredictable** as to **appear random**.’



In Theory



In Practice



Reference: Phibbs *et al.* (2018)

■ 0 Matches ■ 1 Match ■ 2 Matches ■ 3 Matches

Total Weekly Distance During Rugby Training



12 ± 3 km



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Reference: Phibbs *et al.* (2017) JSCR, Epub Ahead of Print

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$$CV = 75\%$$



6 km

26 km



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Reference: Phibbs *et al.* (2017) JSCR, Epub Ahead of Print

 @PadraicPhibbs



WOODHOUSE
GROVE SCHOOL

HEALTH

LIFESTYLE

EDUCATION

DEVELOPMENT

PERFORMANCE

**MAXIMISE
THE +VE'S**

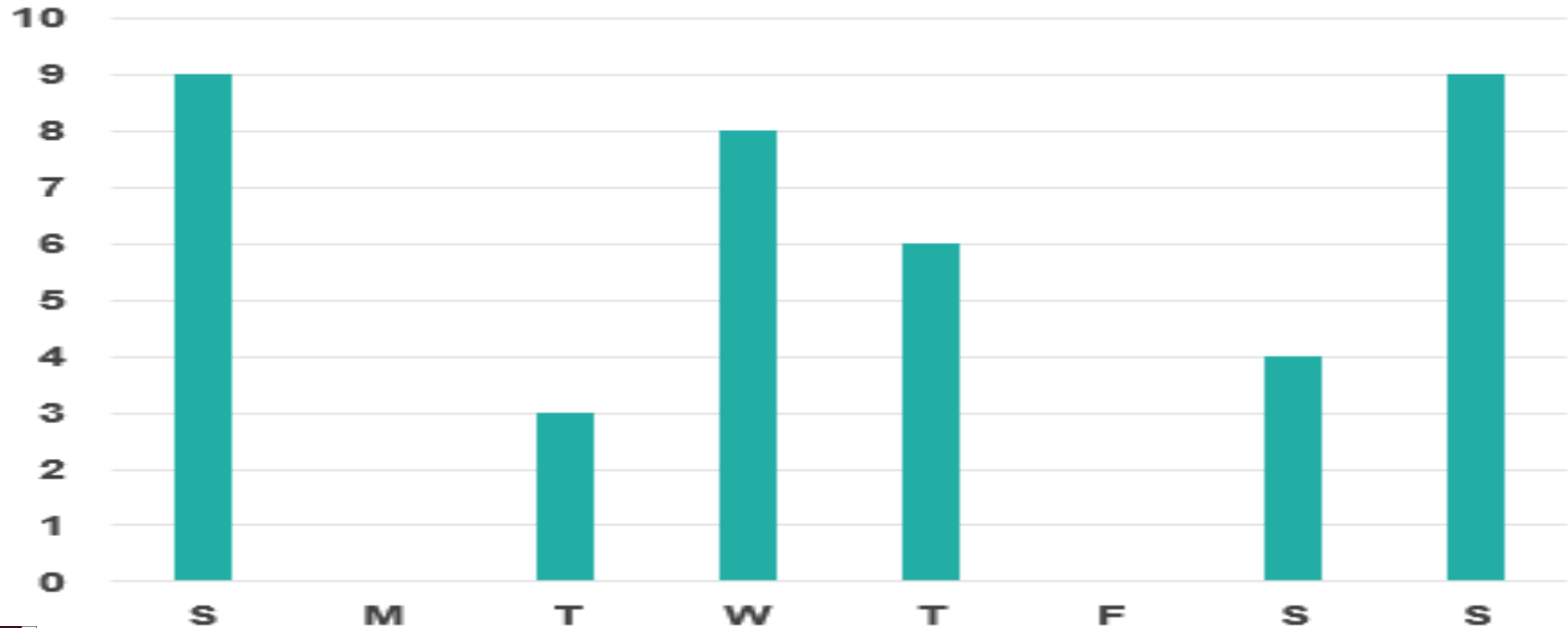
**MINIMISE
THE -VE'S**

*the very best of me,
now and always.
I am Grovian.*

But How? Strategies



Strategies: Plan & Be Adaptable



Aim to MAINTAIN STABLE Week to Week Loads (fixtures)



Strategies: Monitor Your Load / Recovery

Session Type 1 *

Please provide details on your training from yesterday

- ☐ Scholarship rugby training
- ☐ Club rugby training
- ☐ School rugby training
- ☐ Scholarship rugby match
- ☐ Club rugby match
- ☐ School rugby match
- ☐ Gym (e.g., weights)
- ☐ PE
- ☐ Nothing
- ☐ Other: _____

Session 1 Duration *

Please type the duration of this session in minutes. If you didn't have a session, put 0.

Your answer _____

Session 1 Intensity *

How hard was your workout in this session? If you didn't have a session, please select "No Session".

- ☐ No Session
- ☐ Very very easy

Training & Recovery Diary

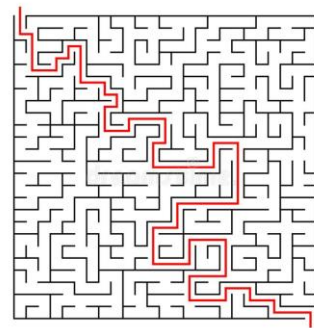
Training & Recovery Diary					
Player Name:			Month:		
Date	Day	How Recovered do you feel?	Activity	Time	Intensity
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Strategies: S&C, Nutrition & Sleep



Communication

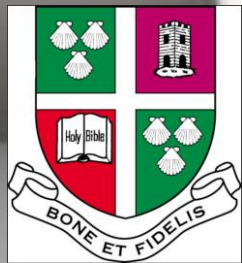




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